



MAKING waves
challenging ideas about madness



Cafe Sneinton runs weekly on a Saturday afternoon at the Hermitage Community Centre from 12-3pm, with a different volunteer chef each week.

Making Waves draws on its members personal experience of mental distress and currently provides: service evaluation of mental health services, research, education and training. For more information about Making Waves call 0115 9505 996 www.makingwaves.org

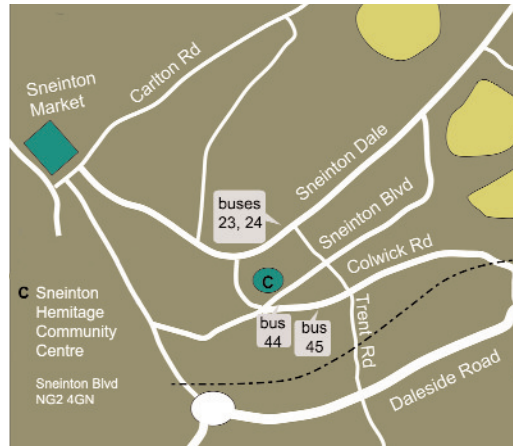
All Ours is a grass roots voluntary organisation committed to providing a healthy socially inclusive environment for adults. Keep up to date with our socials via text on 07947 656651 or visit our website www.allours.org.uk

How to find us

Sneinton Hermitage Community Centre is on Sneinton Boulevard.

The closest bus, number 44 (from outside Argos at the city centre) stops at Colwick Road after the traffic lights where Colwick Road and Sneinton Boulevard join. You will see a sign for the cafe outside the community centre. Buses 23 & 24 stop a few minutes walk away.

The 45 comes via Mapperly & so takes a long time, unless you are coming from Mapperly.



This event is supported by Cafe Sneinton, Making Waves, All Ours, Nottingham Mental Health Awareness weeks, Metropolitan Support Trust, Middle Street Jugglers, Changemakers and members of the St Anns and Dales Health and Wellbeing Partnership from Nottingham City Council and NHS Nottingham City. Vegan/vegetarian cooking by Richard McCance, Crocus Cafe volunteer.



Nutritious
Chess
Healthy
Warm

Join
**Making Waves, All Ours
& Cafe Sneinton for our**

Table tennis
Tasty
Chat
Yum

Lazy Sunday Afternoon Social & Lunch

to celebrate
the day after World Mental Health day!

Sunday 11th October
from 12 - 4
at
**Sneinton Hermitage
Community Centre**

Friendly

Free introductory yoga session

Have a go at juggling with
Middle Street Jugglers

Get advice about
welfare benefits,
employment and
debt from
St Anns Advice
Centre



Free physical health
advice and blood
pressure checks with
the healthy heart
changemaker team

Free housing advice on: rent
arrears, welfare benefits, debt
advocacy & repairs from
Metropolitan Support Trust

Find out more about
Cafe Sneinton, All Ours,
Making Waves, Timebank
and other local projects



healthy food healthy mind be included be involved